



Hythe Huddle Dementia Group

Hythe Huddle meets at Cornerstone church on the first Wednesday of each month. The group was set up over three years ago to serve people living with dementia and their carers. It is a safe place where there is no stigma, which makes for a very happy and friendly group.

Gary Marsh (Dementia Adviser) is usually in attendance to answer any questions the group might have. Entertainment is also provided thanks to donations from the local community. There are usually between 30 to 60 attending. Recently we have enjoyed a talk from Retro Rita, bingo and skittles. It is a privilege to run this group.

Sally Wood

Events planned for Spring Term

Mondays

Blackfield Bubble dementia group, (monthly third Monday) 11.00 am to 12.30 pm
Memory Group meets every week from 1.30 pm to 2.30 pm for people with dementia
For details please phone Pauline Jordan on 07871 180426

Wednesdays

Hythe Huddle dementia group (monthly first Wednesday) 2.30 pm to 4.30 pm
Contact Sally Wood on 023 8084 3560

Thursdays

Managing your Child's Angry Feelings course.
SPOT course (Supporting Parents of Teenagers) for Y6 upwards. Booking required.
Contact office for details 023 8020 7623

Fridays

SWANS (support with additional needs) 10am to 12.00 noon weekly.
Contact Bev Hall on 023 8084 0191
Women's Wellbeing Group by referral only
Contact office for details 023 8020 7623.

Women's Wellbeing Group

This group continues to meet on Fridays in term-time from 9.30 am to 11.30 am, although some people arrive earlier and leave later: "We enjoy it so much" one of them explained.

We have welcomed several new members over recent weeks, meaning we often have 12-14 in attendance. "There's a really nice atmosphere", one member commented.

Meanwhile, existing members have taken on roles within the group that assist in its running (taking/recording subs, purchasing cards for members' birthdays, blessing us with home baking, etc.).

We continue to enjoy a wide range of activities chosen by the group. Our Christmas meal was at The Nelson and in a few weeks' time we will be planning a summer day trip - and so the years roll round!

Sue Capper



Parenting Courses

Demand for our excellent parenting courses has been higher than ever this year and we have had record numbers attending the five courses we have run.

The next "Managing your Child's Angry Feelings" course will be starting on April 19th from 10.00 am to 11.30 am at Cornerstone.

We will be running a **SPOT course (Supporting Parents of Teenagers)** Y6 upwards starting on 14th June. If you wish to book for these courses, please phone the Families Matter office 023 8020 7623

Families Matter ~ Cornerstone, Hythe URC, New Road, Hythe, SO45 6BR

Tel: 023 8020 7623 Email: office.fm.hurc@gmail.com